

# DINNERLY



## Beef Bulgogi Stir-Fry with Sesame Rice



25 minutes



2 Servings

Up your stir-fry game with this awesome Korean dish. Make a simple bulgogi beef marinade, chop veggies, then flash the lot in a hot pan and serve with jasmine rice.

#### WHAT WE SEND

- 150g jasmine rice
- 1 head broccoli
- 1 spring onion
- 1 carrot
- beef stir-fry
- 2 tsp sesame oil <sup>11</sup>

\* The remainder of this ingredient won't be used in this recipe.

#### WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs soy sauce <sup>6</sup>
- 1 tbs sugar
- 1 tbs vegetable oil

#### TOOLS

- small saucepan with lid
- julienne peeler or box grater
- large frypan

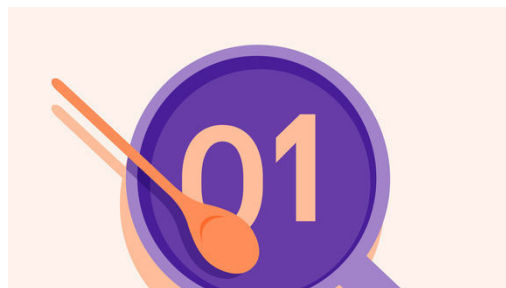
Our veggies come straight from the farm, so please wash them before cooking.

#### ALLERGENS

Soy (6), Sesame (11). May contain traces of other allergens.

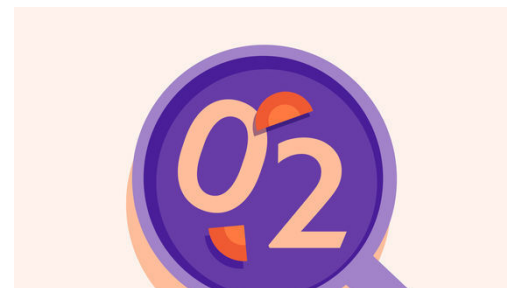
#### NUTRITION PER SERVING

Energy 595kcal, Fat 15.8g, Carbs 77.8g, Proteins 52.7g



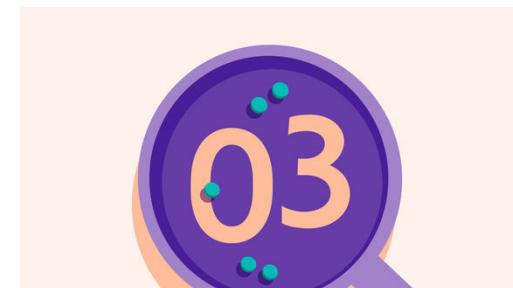
#### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



#### 2. Prep veggies

Meanwhile, crush or finely chop **2 garlic cloves**. Cut the **broccoli** stem into 1cm chunks. Cut the head into small florets. Thinly slice the **spring onion**, keeping the white and green parts separate. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater.



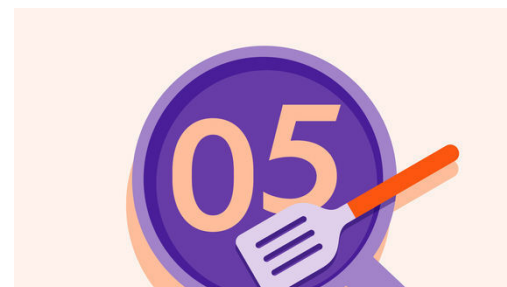
#### 3. Stir-fry beef

Put the **garlic**, **1½ tbs soy sauce** and **1 tbs sugar** in a large bowl and stir to combine. Separate the **beef stir-fry** into the bowl and toss to coat. Heat **2 tsp vegetable oil** in a large deep frypan over high heat until very hot. Stir-fry the beef for 1-2 mins until browned (see Kitchen 101), then remove from the pan.



#### 4. Add veggies

Heat **2 tsp vegetable oil** in the pan over high heat. Stir-fry the **broccoli** for 2 mins, then add the **white part of the spring onion** and stir-fry for 30 secs. Add the **beef** and any juices to the pan and stir-fry for 1 min or until the beef is cooked through and the sauce is reduced. Add the **carrot** and cook for a further 30 secs or until softened. Remove the pan from the heat.



#### 5. Serve up

Stir **1 tsp sesame oil\*** into the **rice**, then divide among bowls. Top with the **beef stir-fry**, scatter with the **green part of the spring onion** and enjoy!



#### 6. Kitchen 101

The beef stir-fry is best with hot and fast cooking, so get your pan very hot before adding the beef and stick to the short cooking time indicated.